

OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION

# CANADIAN CAMPING

***June 1950***

TORONTO, CANADA





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# CANADIAN CAMPING

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JUNE, 1950

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# ***Let's Take***

## ***the Pressure Off***

MISS NORA BAILEY,

*Psychologist and Educational Assistant at the Mental Hygiene Institute, Montreal and co-owner and co-director of Camp Macaza, P. Quebec.*

The summer is fast approaching and soon we shall all be off to our own particular camp. We are filled with big ideas for the coming season. We have been attending camp conferences, we have read the camping magazines faithfully, we have shaped some of our brighter thoughts into plans for the summer. Directors and counselors can hardly wait for the campers to arrive to put into practice their new theories. All unsuspecting, the little campers are thinking about camp and the summer holidays. The summer holidays! Something we are in danger of forgetting. Not only is it the camper's summer holidays but yours and mine as well. It is time we examined our camp and its philosophy to make sure we have not left out that most important aspect of the summer, it is a holiday. Some of us are becoming so involved in records, programmes, research, personnel departments that we are almost forgetting the prime purpose of camping: a good time for all. As one camper sorrowfully said of her camp director: "she was too busy writing on pieces of paper to know my name."

In these days of crowded city living with its attendant tensions, camping has a very real mental health function in

the lives of children. It is one of the very few places where children who live in the city, often as apartment dwellers, can run, and can shout with freedom. It is one of the few places built for children and their enjoyment. It is one of the few places where children come first. Here is a chance to relax from city tensions: from the rigid schedule of school, music lessons, dancing lessons, art classes etc. Here there is a chance to go slowly, to take it easy, to think, to sit and stare, to assimilate, to become "of a piece". There is no pressure to compete, there is no report card and you don't have to pass an exam to come back next year. It is part of an ever-dwindling island of rest, relaxation and peace in a hectic world.

This is the real function of camp. A summer holiday and a time for recreation in the fullest sense of the word. In the midst of our excitement over new programme ideas, bigger and better projects, more elaborate and time-consuming records, let us take a minute to dwell on the lasting values of a summer at camp. We suggest as a slogan for us all: "Let's take the pressure off."

# CAMPERS are Citizens

JOHN P. KIDD,

*Executive Director, Canadian Citizenship Council, Ottawa.*

One bright morning, just a little over five years ago, a new patient was brought in on a stretcher, and placed in the bed next to me. (This was in the Canadian Army Hospital, in Caserta, Italy.) When the nurses and orderlies had got him settled, we, as was our custom, began the rather speedy process of becoming acquainted. His name, at first, didn't ring a bell for me, although it did sound somewhat familiar, and I knew I had seen him somewhere before.

Suddenly, in the middle of a sentence, he beamed, "John Kidd . . . Kidd . . . I know now . . . Kamp Kanawana . . . 1934."

Memories flooded over memories—nostalgic memories. Cool blue waters, green hills, boats, the Chute, Circus Day, campfires, the kid looking for a piece of shore-line, the hike over to the dance at Marois, Chef Watson grumbling with a twinkle in his eyes, and many more.

Later, that evening, when we had pretty well talked ourselves out, he said, "John, if I ever get out of this and back home, I want to spend at least one whole summer at a camp as a leader. Perhaps more than anything else, Kanawana helped me to straighten out my thinking about people, about life. I'd like to help some other fellows the way some of you leaders helped me."

I wonder how much people in general are aware of the tremendous influence some camps have in the lives

of boys and girls, and young people. Do you, camp directors and leaders, fully realize it? It is not something you can measure, can lay your hands on, can chart in a graph. Nor, for that matter, is it always positive. But it is there.

## CAMPING AND CANADIAN CITIZENSHIP

With the possible exceptions of the home, the school, and the frequently-meeting natural groups or gangs, there is no better or greater opportunity for aiding in the understanding of citizenship, in the development of democratic attitudes, and in the experience of democratic actions, than in camp situations.

In a camp, as you well know, citizenship is rarely academic or theoretical. It is a society in itself, a world or a country in miniature. Citizenship is, or can be, the very way of day-to-day living. It can be taught and absorbed through program, through attitudes, through relationships and around conflicts. A Canadian camp can be—in my own opinion, should be—a *laboratory for democracy* and for development of Canadian citizenship.

A great deal is being done, in varying degrees, in most of the camps in Canada. Major emphasis is generally on character and personality development, and on learning to live with, and to understand and appreciate one's fellows. And there is generally a fair degree of democracy practised in the



administration of the camp, and in the relationships between campers and leaders.

But how much emphasis do you include in your programs on "just being Canadian"? What opportunities do your campers have to develop a greater understanding of life in Canada, of the peoples that make up our Canadian population, about our role in the Commonwealth and in the United Nations? Do they come away from the camp feeling more Canadian, with a *maturing pride* in being Canadian.

On the surface, this may sound jingoistic. Such is not intended. I personally am not interested in excessive flag-waving or chest-thumping, (although symbolism and physical exercises play an important part in life), but rather that we have a nation and a people in which we should have a humble but none-the-less "heads-up" and healthy pride—a mature pride in being Canadians.

It is with this in mind in particular, that I make the following suggestions:

#### TO THE CANADIAN CAMPING ASSOCIATION

1. That you conduct a survey, qualitative as well as quantitative, of programs in Canadian camps with citizenship emphasis.
2. With this survey, or as a separate study, you ascertain both degree and kind of democratic procedures and practices in camp administration and activities.
3. That you institute a "Know Canada Week" nationally for Camps.
4. Arrange with CBC for at least one national broadcast, perhaps having it originate in a camp with the Prime Minister and/or other government officials participating with Campers. Such a program could form the basis for similar programs in other camps at the time of broadcast.

#### TO THE INDIVIDUAL CAMPS

1. Examine your program to see how much citizenship emphasis it contains.
2. Examine your administrative procedures and practices from the standpoint of democracy.
3. Invite local, provincial and federal members of Parliament to become a camper for a day and a night.
4. In the same way, invite local mayors and councilmen.
5. Use these occasions to get across some understanding of the role of government in our society.
6. Bring in the D.P.'s and other new immigrants as part of your program.
7. Use some of the excellent film strips that the Citizenship Branch has recently produced on our history, geography and government.
8. Make July 1st observance something more than just a special sports day. (Perhaps you do.)

These are only a few suggestions that come to mind. Perhaps many of you are doing a number of them. You know much better than I do what can be done, in your Association, in your own camp. The Canadian Citizenship Council will be happy to assist you in any way we can.

Good camping and good citizenship go hand in hand.



# **FIRST AID**

## ***in Camping***

HARVEY DONEY, M.D., M.B.E.

*Canadian Red Cross, National Director  
First Aid, Swimming and Water Safety*

Each year elaborate preparations are made to make camp ready for its summer occupants. All equipment, beaches, docks, diving boards, water supplies, sanitary facilities and appurtenances are carefully checked to insure the safety of the campers.

In spite of all precautions and safety apparatus, accidents will happen. Fortunately the majority are of a minor nature, but even these, without proper care, could become serious. Accidents include drownings, broken bones, cuts and bruises, poison ivy or food poisoning. Supposing some of these accidents come your way! Do you know what to do, or perhaps, what not to do?

There is no safety equipment you can take on a cook-out or camping trip that is equal to a thorough knowledge of First Aid.

When an accident occurs "on the trail" a trained First Aider knows that there is no substitute for sterile technique, particularly if the skin has been broken.

Often sterile dressings are not available and it may be necessary to use the inside of a handkerchief, a towel or even a white shirt to cover an open wound. If material of this nature cannot be procured, it is often better to leave the wound uncovered until a sterile dressing has been prepared. Additional care must then be taken to avoid contaminating the wound while waiting for the dressing.

To prepare a sterile dressing, bring some water to a boil over an open fire. Cut two twigs about 12" long. Make a split about 2" long in one end of each.

Fold the material to be sterilized, such as a clean handkerchief, into a suitable width and insert one end into each of the split twigs. Place the twigs and the dressing into the boiling water and continue to boil for five minutes. At the end of this time, remove them from the water, wring out thoroughly and place the dressing over the injured area. Keep the twigs in position until this is done, so as to prevent handling with unsterile instruments.

Bandages may be improvised readily and from a wide variety of materials such as shirts, sweaters, socks, belts, towels, sashes or even strips of blankets. If a roller bandage is required, a towel, shirt or sheet may be cut into strips and rolled.

Slings may be improvised from a bandana, or by pinning the sleeve of the injured arm to the other clothing, or the hand may be placed inside the buttoned shirt or coat, thus giving support to the arm.

To give First Aid for a fracture, it is essential that the area be immobilized before the victim is moved. This immobilization should include the joint above and below the fracture, and to do this, splints must be long and firm enough and at the same time not too heavy. A trained First Aider can find suitable material on all camping trails. Straight smooth branches of trees, a canoe paddle, or even long grass or rushes will serve the purpose.

Grass splints are very satisfactory if properly prepared. Collect a supply of the tallest available grass, weeds, rushes or similar material. If not long enough

the splint may be extended by overlapping lengthwise. Tie the bundle in three or four places using strands of grass, if no string is available. Bind the whole bundle from one end to the other using grass or other similar material, such as the inside bark of the Basswood tree. To complete this splint the ends are trimmed, cutting off protruding grass or sharp edges.

Splints unwisely chosen and improperly applied can cause great discomfort and will increase shock. All splints must be well-padded and conform to the natural curvature of the body. This padding may be improvised from clothing, such as socks, sweaters, scarves, etc., or from grass, ferns and moss.

If no splinting material is available, the injured leg may be tied to the sound one or the injured arm may be tied to the body.

It is essential that all Camp First Aiders know how to improvise a stretcher. Proper transportation of an injured person is extremely important. It is better to go slowly and ensure that every possible comfort is given the victim, than to make haste and possibly increase shock.

A stretcher may be improvised from a blanket, with or without poles. If straight poles are available, cut two about 8 ft. long, lay them lengthwise

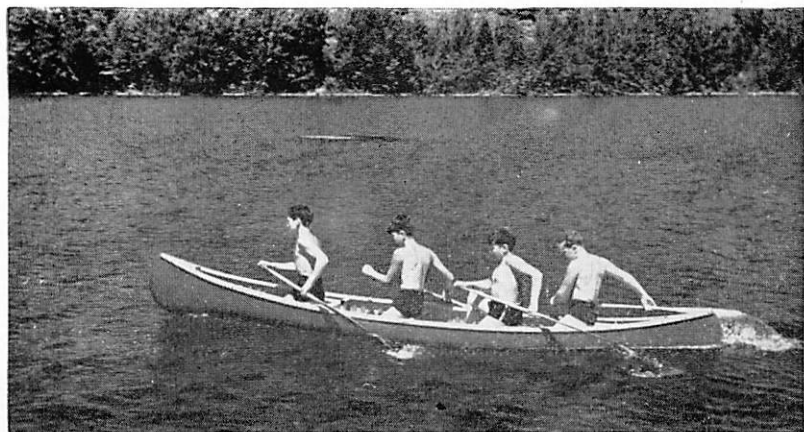
along the middle of the blanket and about 20 inches apart. Fold one side of the blanket over the near pole and under the second one. Fold the opposite side of the blanket over the second pole and the stretcher is ready for use.

If no poles are available, place the victim in the centre of a blanket with three bearers on each side, roll the sides of the blanket firmly and evenly until they are close to the victim. If no blanket is available, coats, sweaters or windbreakers may be used with the two poles described above. After passing the poles through the inverted sleeves, button the coats and place the victim on the stretcher with the buttons uppermost to avoid unnecessary strain.

It is important that all improvised stretchers be thoroughly tested for strength before the injured person is placed on them.

The above are merely a few useful hints to make your camping a little safer this summer.

The nuisance injuries, such as poison ivy, mosquito bites and small cuts, require simple but immediate care to prevent them from developing into serious conditions. Only the knowledge of what to do and what not to do is the answer to this and *this knowledge cannot be improvised*—you must take it with you.



CAMP WINNEBAGOE IN MUSKOKA



# *It's Fun to Cook Out!*

MARY L. NORTHWAY and  
FLORA M. MORRISON

It may be fun to cook out or it may not be. A poor meal is a poor meal whether it is served in the Waldorf or the wilderness and a supper of uncooked macaroni, overdone bacon, soggy toast and anaemic coffee untidily served amid confused noisiness is as disappointing if it is eaten under pine trees as it would be in the Plaza. Of course in the outdoors we are usually really hungry and some people condone a multitude of culinary sins with the maxim "in the outdoors you can enjoy anything." It is true one must endure anything, but personally we find it very hard to enjoy lumpy, cold porridge despite the environmental atmosphere.

Cooking anywhere, anytime is a creative activity. It requires careful planning and preparation, culinary skills which are acquired through experience and sufficient imagination to prevent monotony in the 76,650\* meals in which one participates during one's lifetime. It requires a talented person to keep one eye on the budget and the other on the stove. It is symbolic of our decadent civilization that some of our schools permit the privilege of learning to cook only to the chosen few who are considered incapable of dealing with higher mathematics and ancient language and therefore may be called to develop talents that have immediate social significance. It is unfortunate that creative efforts are directed almost totally towards the library and not the kitchen and imagin-

ation given its scope in the sonnet and not the saucepan. Camps which so eagerly set out to rectify other errors of formal education have another great opportunity in re-establishing cooking in its rightful place among the arts and the sciences.

The essentials of a good meal are universal and not dependent on the amount of fresh air in the lungs. We expect these qualities at the best hotels and hope for them on a wilderness campsite.

1. Good food—nutritious ingredients and well cooked.
2. Cleanliness.
3. Attractive appearance and efficient but unobtrusive service.
4. Relaxation and leisure for the enjoyment of the aromas and flavours of the food and for participation in social intercourse suitable to the occasion.

Most failures of meals can be attributed to one or more of the following causes.

1. Over-ambition.
2. Hurry.
3. Turbulent stomachs.

1. *Over-ambition.* Who has not stopped at a small restaurant and chosen from a two page menu some delicacy as gruesome as the rest one was fortunate enough not to choose. This is symptomatic of the proprietor's "Waldorf complex" which deludes him into believing he must attempt to match the achievements of the greater establishment in order to be a success. What a rare blessing it is to come upon an Inn offering two or three dishes each cooked superbly and served with pleasure!

\*This statistic is arrived at by the following formula:  $N \times M \times L.E.$  where  $N$  = number of days in a year,  $M$  = meals per day and  $L.E.$  = life expectancy. It is uncorrected for leap years and extra snacks.

Cooking outdoors should always be based on simplicity. That is it should aim at the level of achievement the group is capable of attaining. For one reason cooking outdoors is a far more difficult procedure than it is in a kitchen. If you don't believe this get the books on campcraft and look up the chapters on fuel and fires; then open any standard cook book and you will find not one paragraph on how to turn the stove on. Besides winds and weather are immediately important in the outdoors; in the kitchen the torrential rain has really little influence. For a second reason campers are young, impetuous creatures with a great naïvete in their understanding of cookery principles and during the period of their education to full fledged cooks, they yet must eat.

For the young camper an afternoon party of cocoa and toast is an accomplishment at least as great as the mastering of fractions. Think of the skills required. Proper wood must be gathered (consult the campcraft books and then send for the dry materials available in your vicinity!). The fireplace must be chosen, rocks arranged to hold the kettles. The fire must be kindled and kept alight with reference to wind direction and degree. Meanwhile the bread must be cut. Perhaps one of your campers will, as one of ours, ask which end of the loaf one should cut from and you will have to know the answer. At the same time the cocoa mixture will have to be cooked and the milk or water added. Toasting forks will have to be found and the bread toasted a golden brown over the coals. The toast must be buttered and spread with jam and all this kept hot so that it may be served with proper party spirit. What opportunities for group work in the sharing of responsibilities: what opportunity for personality development and character building through participating together and enjoying the fruits of shared endeavour! In the process of providing toast and

cocoa there may be embedded all the law and the prophets of sound education. And it can be fun.

2. *Hurry.* Cooking, as all the arts, requires time and the more ambitious the undertaking the more time there must be available. Sometimes a cook out at camp is scheduled between a regatta and a pageant. Sometimes on a trip lunch is snatched faster than at any drug store counter. In a cook conscious household a meal is started several days before it is served. The planning of the menu, purchasing of the food, sorting of the linen, cleaning of the silver are considered. The food preparations are often begun a day ahead and the actual meal appears in a leisurely and comfortable fashion.

Cook out meals whether on the campsite or on a trip likewise require a liberal sprinkling of the ingredient "time". The most elaborate cook out party we have created consisted of the following menu—

ROAST CHICKEN — APPLE JELLY  
ROAST POTATOES  
CORN ON THE COB  
BAKED ALASKA COFFEE

This was cooked at our own campsite over the open fire with the aid of two Dutch ovens. It was contemplated ten days in advance so a friend coming from the city could be commandeered to bring the ice cream in dry ice with her. The chicken was ordered from Fred a week in advance so he could kill it and give it time to cool before we called for it. It was drawn and stuffed the morning of the feast and set gently to cook in the mid afternoon. Fuel—light driftwood and large poplar logs were piled by the fireplace after the morning chores. The cake for the Alaska was made the night before (Note: modern prepared cake mixes are a boon for outdoor cooking). The gravy of course required skill applied at the very last minute and the maitre de Baked Alaska had to work quickly during the clearing of dinner plates

leaving the guests to engage in sociable conversation. Such a party was a minor project over ten days and a major one at least for twenty-four hours; so other activities had to be organized around the event supreme.

Such an enterprise does not occur often—but it can become an event of a lifetime if it is considered important enough to be given the time it requires. It calls forth both the creative spirit and arduous effort any dramatic performance demands and it satisfies not only our tastes and inner needs but contributes to the essential dignity of the adventurous spirit of man.

3. *Turbulent stomachs.* Only our more erudite colleagues can define the causes of the neurotic trends in modern living; our own opinion is that many health difficulties arise because we fail to treat our stomachs with the respect they deserve. This is particularly true in growing children who need not only nutritious food but opportunity to assimilate it properly in order that it becomes a source of vital energy. Variation in routine may upset younger campers and outdoor meals cause excitement that disturbs digestion. Especially on trips the success of a meal depends not only on the cooking and serving but also on the state of the campers who must eat it. Over-exertion, too much sun and water glare, anxiety to keep up with the gang, hurry to get a meal ready and eaten so one can get on with more travel, fear of the strangeness of the out of doors, lack of proper arrangements and time for elimination all may contribute to turbulent stomachs which fail to absorb any meal. Outdoor cooking can only be fun if campers are in a state to enjoy it.

If a trip is to be an experience in living outdoors rather than a marathon, travel even with capable campers should not be ever more than six hours a day and in general camp should be made at least by four o'clock. There must be lots of time to prepare and

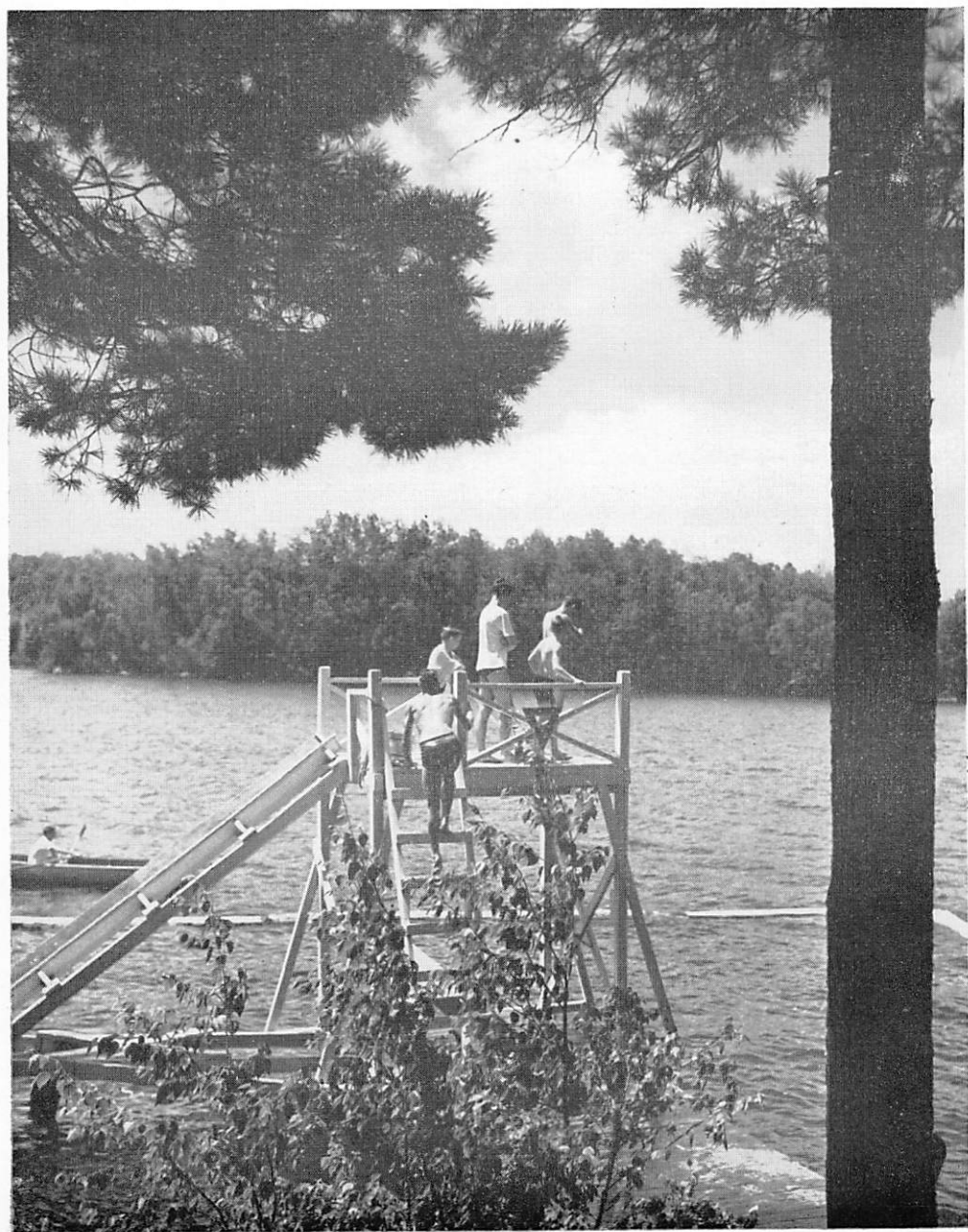
enjoy supper and opportunity to make preparations for meals for the following day. Thus stomachs are pampered and are ready for the succulent dainties that the cooks have created for their pleasures.

Civilized stomachs on all occasions appreciate the niceties of good dining. Outdoor meals will not provide the accoutrements of the banquet hall. Nevertheless next to the cooking the service is important. Clean dishes, a ground sheet spread as a serving table, waiting for second helpings and organization of the group for waiters and servers enable the meal to proceed in a leisurely social fashion and good conversation has opportunity to arise. Mental agility may not depend wholly on our physiological state, but with unsettled stomachs there can be no peace of mind.

Finally if cooking out is to be fun there is no reason for increasing the difficulties already provided by nature. To light a fire by rubbing sticks when one has matches in one's pocket reveals a slightly exhibitionist tendency. To make a fuzz stick when one has paper to be discarded is unnecessary. To refuse to use tar blocks to start a fire in the rain is to subject oneself to a picturesque form of martyrdom. Nor should we become such cooking snobs that we refuse to use useful modern preparations, dehydrated vegetables, smoked meats, cake and pie mixes, instant potatoes, concentrated fruit juices. These make outdoor cooking not only easier but delightful.

One may well ask why cook out at all? Most camps have excellent dining rooms with a competent staff to provide all the dishes and service. The answer is that it gives us the rare opportunity of creative participation in which the process and the product are completely interrelated; as we achieve satisfaction from our efforts we discover that such creative living is always the basis of human enjoyment. To cook out can be fun!





PINE CREST CAMP, TORONTO Y.M.C.A.

# ***It Is Raining!***

MARGARET GOVAN

*Director, Camp Onawaw*

"O, bother, it's raining!"

It is bound to be, at some time or another. Actually, one wet day is often a real contribution to camp life for a change of tempo and programme is all to the good. However, continuous rain, plus cold weather, is a strain on morale, and both the programme staff and the administrator must be prepared to meet this emergency.

The changes in administration are relatively simple. Meals should be slightly sweeter and more lasting. Hot food should take precedence over salads for the time being. Now is the time to serve steam puddings. The occasional in-between bite is a great morale builder such as an afternoon 'tea' with doughnuts and lemonade or an evening snack or pancakes for breakfast. If the programme is such as to require a slight adaption of menu plans, the wishes of the programme staff should be met . . . at least half way!

Fires should be burning in stoves and open fire places. Also, arrangements for drying wet clothes must be made. There are some children who in spite of rubbers and raincoats can and do get wet. Both counsellors and nurses need to keep a special eye upon them.

But the programme is the biggest problem. Plans have been made for all kinds of out-door activities and these must be scrapped. The camper is not a willing 'adapter' even to such circumstances as an all day rain. So new plans need to be 'special' if they are to compensate for day trips, hikes and cookouts. Some of these plans can be made two or three months before in

the city and the necessary ingredients collected then. Certain of the staff should be thoroughly prepared for rainy days such as the persons responsible for crafts, music, games and programme.

The crafts counsellor should have several camp projects ready for this emergency such as: making a model of camp (flour and water paste, papier mache, or construction paper are possible mediums), mapmaking, furnishing a doll's house, open shop for crafts in general, murals for individual cabins or the lodge, making kites for a kite flying competition on the first windy day, whittling fish poles for a big fishing competition, etc. Other counsellors will have to be told off to help in the crafts department, and more room may have to be made available. Perhaps the programme is to be a big dance, or impromptu dramatics on a large scale. In either case, the crafts shop will need to be open for making decorations, props and costumes. Again the recreation counsellor may want help with the manufacture of table games or the music counsellor with instruments.

If we have a really wet day, tradition orders a birthday party at our camp. Each person must make a birthday present for another person (selected by lot) and the crafts department is humming with activity. Since the present must be made from scraps, ingenuity flourishes. (We have a birthday party supper and children's games.)

The music counsellor needs a supply of singing games, square dances, bright new songs, etc. He can have a kitchen rhythm band, a radio audition, a variety show with little preparation. If the

camp has a record player, a few new records produced for the occasion will be very acceptable (they may be borrowed or rented). Experiments in music appreciation could be made to advantage such as interpreting music through story, dance, pantomime or finger painting. A very simple programme was worked out in connection with Hansel and Gretel. If the campers know some of the songs of an opera, an evening programme can be concocted easily, using dancing and dramatics as well. If the probs are 'continuous rain' an operetta is often the answer. It may be simple or ambitious. We had great fun improvising one using songs already well liked and already familiar.

In-door games should not pose much of a problem. Ping-pong is a general favourite these days. Boxing can be carried on inside or out. Mat work (old mattresses are a good substitute) appeals to girls as well as to boys. Horse shoe pitching can be done in a sheltered area, and there are all sorts of similar tossing games which may be improvised with any kind of small hoop or ring (including preserving rings). Indoor track meets can be fun, and there is an endless list of games both active and quiet which all ages and both sexes enjoy.

A wet weather box proves a treasure trove. It could contain bingo, cards, parchesi, chinese checkers, jack straws, marbles, jacks, pick-up sticks, dominoes etc. and should be produced only in

wet weather. (Most of the games can be borrowed.) A marble or jacks competition carried on in serious manner with radio reports, starters, etc. may fill a dull afternoon with fun and laughter. The champion or queen should be crowned with pomp.

Of course the quiet time provided by wet weather may be much in demand by campers. Sometimes they want to write, read letters, mend clothes, carry on hobbies, learn theory for swimming exams, dance, play the piano, and a formal programme is a great mistake. The programme counsellor must be wide awake to this situation.

Again, rain in itself should not restrict the programme too much. If it is mild, hiking in the rain is a pleasant experience. Baseball can be played in bathing suits. Follow-the-leader has all sorts of possibilities. And there need be no curtailment of swimming. Cooking a meal outside in the rain proves one's proficiency in campcraft.

Rain need not be a bogey. When the camp council meet, they should be helped to plan for that wet day ahead. If some particularly bright idea comes forward that would be a good wet-weather one, reserve it for that occasion. Make the first wet-weather day a day to be remembered. But if there is a very long spell of wet weather the counsellors will become increasingly tired. This must be a consideration when the programme returns to normal.





## **CAMP SITE Development**

R. K. CLEVERDON, B.A. Sc.,

*Chairman, Committee on Camp Site  
Development, Canadian Camping  
Association*

During the past year the executive of the Canadian Camping Association has been giving a great deal of thought to how it can serve most effectively the camping movement in Canada. In an attempt to offer a sound practical assistance to member camps, a committee on Camp Site Development has been set up. Your committee hopes to make available a great deal of practical camp-tested information on buildings, facilities and equipment without extra charge to every member of the Association.

Well, having read this far, perhaps you are saying to yourself, how can they help *my* camp? Yes, we realize that no two camp sites are the same, that methods that apply to one may not apply to the other, that budgets for capital expenditure may vary over a wide range, that small children need different facilities from older ones, and that it is very difficult to formulate a set of rules to apply to every situation. However, if we stimulate your thinking, if we tuck away a useful hint in an article which you suddenly realize is the answer to a similar situation in your own camp, then we feel that we have rendered a service. A camp today represents a substantial investment—usually from \$300 to \$1000 per camper. Such an amount must be spent wisely. The director or camp administrator should plan carefully and intelligently for the future, building only what is needed but building it well, locating facilities so they can be used conveniently, and providing the safe sanitary precautions which parents have come to demand of the camps of 1950.

Which leads us logically to the beginning of the problem—the development of a camp site must start with an overall plan. A future article will discuss the preparation of a master plan in some detail, but the following suggestions may serve to orient your thinking. Most of us already have a camp site which we are using each summer. Decide on the eventual capacity of the camp, the number of sub-units or sections desired, the type of program to be offered, and the standard of buildings and facilities you feel you can afford. Get these things down on paper. Then draw a sketch plan of the site—your land deed surveys can be traced and the present buildings spotted by estimation. Study the plan and the site, discuss it with qualified staff, and usually a basic layout for future development will become apparent. Decide on the approximate size and rough cost of new buildings and locate them by scaled drawings on your plan. Examine these locations critically. If you plan new water supplies, sewage disposal, shower and washroom facilities, or swimming areas, these must be very carefully laid out as we will discuss later.

If you make a conscientious attempt to plan the final development from the beginning, your ideas can be changed simply by a stroke of the pencil. Expensive additions, alterations or the moving of buildings are eliminated. And finally, if your camp is owned by a welfare organization, you may find an increased interest from your financial supporters if you can produce a well-planned layout for the future.

Faced with a subject of considerable scope, your committee has decided to prepare a series of short articles on specific problems of camp site development. These will be mimeographed and mailed free of charge from the Canadian Camping Association office in Montreal to all paid-up members. They will go out from time to time as

they are completed. Topics to be covered include:—

- 1) a master plan for camp site development,
- 2) camp water supply, treatment and distribution,
- 3) latrines, septic tank toilets and sewage disposal,
- 4) disposal of kitchen liquid and solid wastes,
- 5) a low-cost shower bath unit,
- 6) kitchen layout and equipment,
- 7) a camp administration centre,
- 8) the camp hospital,
- 9) waterfront improvement, canoe racks, diving towers,
- 10) various types of campers' cabins,
- 11) building and maintaining tent floors,
- 12) cost estimation for frame camp buildings.

At this point we must give a word of caution. As we said before, no two situations are exactly the same. Con-

sequently, there is some danger apparent in suggesting typical designs, especially for sanitary facilities. We shall try to state as carefully as possible the factors assumed in our typical designs. If your conditions are different, you are urged to engage a qualified engineer or architect, or get in touch with the author. If you plan any considerable expenditure, say \$4000 or more, you would be well advised to seek professional help. This applies particularly to your master plan for upon it depends the success of your development.

Your committee naturally feels that it needs your assistance in suggesting the problems in which you need help. Any comments you have on the list of our proposed articles would be most helpful. If you feel we have left out a topic of general interest we would like to know about it. As our publications

*(Continued on Page 32)*



CAMP WABI-KON, TEMAGAMI

## A Hymn for Campers

The music to which this hymn is set was written by Ignac Joseph Pleyer, 1757-1831. It is a simple and mighty tune but the words accompanying it in the hymnals are not particularly appropriate to camp. Believing that campers would like the tune, we have written camp words. We have tried to write in phraseology campers would naturally use and, as people of all faiths go to camp, to include ideas which Catholics, Jews and Protestants could all accept.

The introduction of swimming and canoeing in a hymnal may seem startling. They are included because we believe that camping offers continual opportunity to realize the Divine Order present in everyday events and to learn to appreciate its beauty through sensory experiences.

Our thought has been based on the third collect for morning prayer, Church of England Prayer book—"Defend us in the same with Thy mighty power."

*Father, guide us through this day  
May we know its gifts are Thine;  
May we learn along the way  
That the simple is divine.*

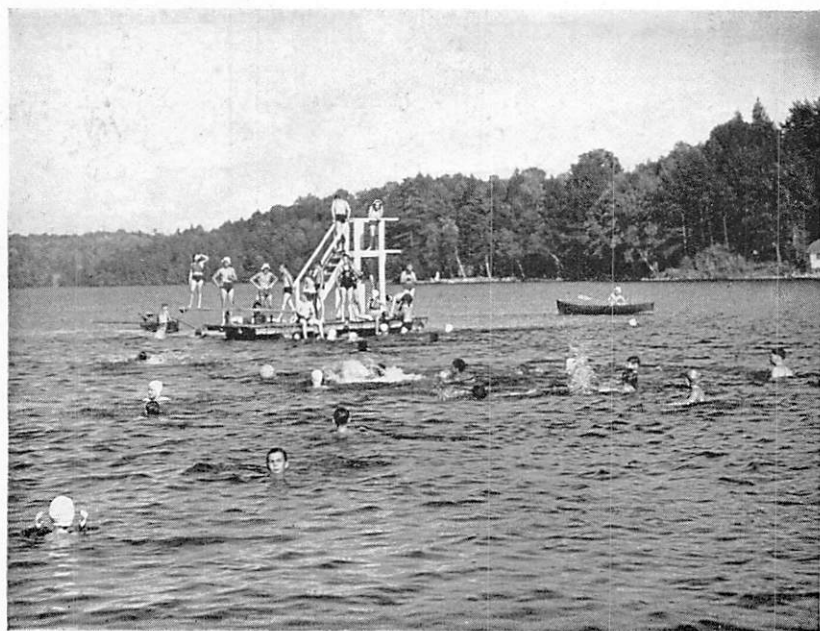
*May we as the morning clears  
Catch its colours in our sight;  
Hear its sounds with listening ears;  
Touch the grasses with delight.*

*Feel the wind fresh from the hill,  
Know the thrill of white-caps high,  
Scent the depth of forests still,  
Trace light clouds across the sky;*

*Swim with joy in waters cool,  
Guide canoes as paddles gleam,  
Wander by a silent pool,  
Hear the laughter of a stream.*

*So defend us through the day  
In the beauty of Thy care  
That our souls may richly say  
We have found Thee everywhere.*

MARY L. NORTHWAY.



CAMP WINNEBAGOE, MUSKOKA



# ***Aluminum Foil***

## **COOKING**

DAVID M. DUNBAR,

*Greater New York Council,  
Boy Scouts of America*

Chuck asked the question first as he saw me pack the two rolls of aluminum foil in my pack. "What on earth are you taking that stuff with you for? Isn't your pack heavy enough already?" Little did he know that all of our cooking and baking on our cabin's overnight trip would be done in this "Magic Metal".

Well, sir, we hiked along the trail until we came to the spot at the water's edge where we set up camp for the night. When fishermen are afield or "a-stream" or whatever you call it, they don't waste much time before wetting a line, so all of us were out for some three hours before supper. Upon our return they asked the usual woodsman's question, "When do we eat?" "Just as soon as you fellas show me a fire with a good bed of coals," said I.

This being done and nothing cooking yet, they began to wonder if I was daffy. "Here is your supper," I said, handing each one a neat, shiny package wrapped in aluminum foil. In each package was a chicken leg, three or four slices of onion, a few thin strips of carrot, about eight quarter-inch thick slices of potato and a patty of butter. This was all packed at camp and kept in our canvas ice refrigerator en route.

"Just take this package," I said, "and put it on the fire 15 minutes on one side and then turn it over for another 10, and your supper's ready." All packages were immediately put on the fire. In the meantime, we mixed some

prepared biscuit flour (mixed in a paper bag). Chunks of this dough, biscuit size, were put in foil, wrapped loosely and dropped in the fire. I left the top of these packages open so I could see what was going on. Sometimes I turned the biscuits in the foil.

Chuck's chicken package was beginning to swell up plenty. He said he thought it was going to "bust". "That's just the pressure cooker idea at work," I explained. "That's just right."

At the end of 20 to 25 minutes, Chuck took his package off and carefully opened it up. Boy! what aroma, what a grand appetizing smell in this woodsy atmosphere. The chicken leg was done to a turn.

"There you have it," said I. "A meal fit for a King"—roast chicken, vegetables and hot biscuits and strawberry jam for dessert. And best of all only a cup, fork and spoon to wash. The foil is your plate. Needless to say, we all fell to with a vengeance.

To dispose of the foil, we burned it out well on the fire, rolled it into a small ball, dug a hole with our heels and buried it.

"If I hadn't done it, I wouldn't have believed it," said Chuck. "Camping just doesn't seem right without black pots and greasy skillets. Well, I'm convinced! I'm a Magic Metal man from now on."

For breakfast we tried another stunt. "This," said I, "is brand new and you fellas are in on the ground floor n it."

Let's each of us cut a forked-stick sap-  
ping and leave the two prongs two feet  
or more long."

We did this and then made an oval  
out of the two prongs by crossing them  
and wrapping them around each other.  
The result was a frame about as big  
as a badminton racket. Now we took  
double sheets of foil and carefully  
tucked them inside the frame to make  
a shallow pot and frying pan, extra  
foil being wrapped around the edges  
of the frame. Again cooking on coals,  
we cooked stewed fruit, oatmeal, and  
bacon and eggs. We shaped up dishes  
out of foil and breakfast was served.  
Red Hot.

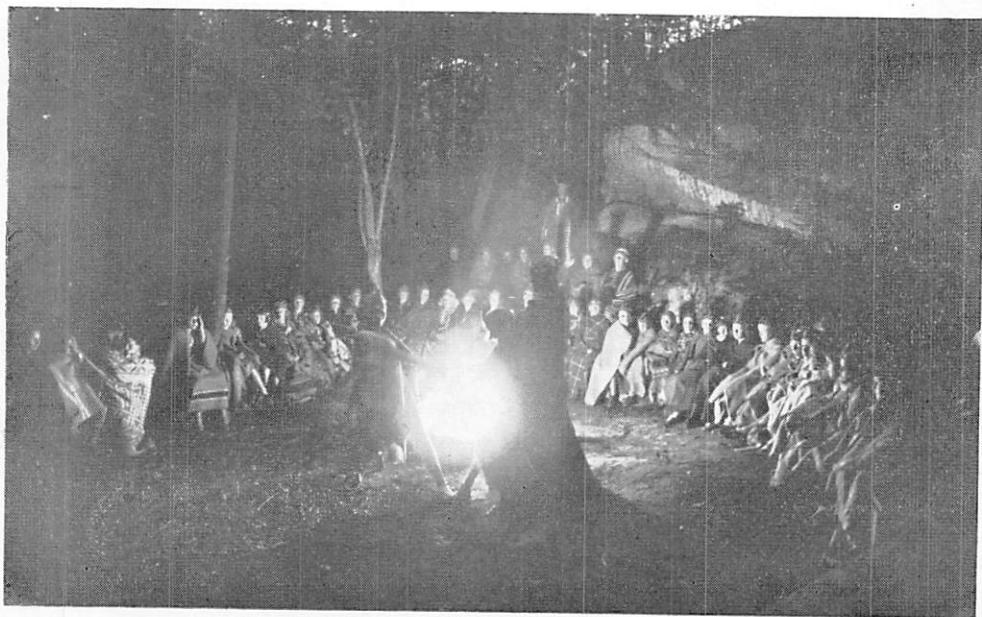
"I guess you could cook most any-  
thing this way," said Chuck. "It's really  
simple and what a time saver. I'm all

for this foil cooking idea because when  
I go fishin', I want to fish and not  
'rastle' around with black pots."

"I thought you'd like it," says I.  
"Now remember, in packing meals at  
camp, put in a half strip of bacon or  
some shortening. Slice your vegetables  
thin. Wrap it by folding the foil over  
like an envelope and turning the edges  
in three times. This is done with single  
foil, then you take another sheet of  
foil the same size (about two feet long)  
and wrap the package again the same  
way."

We all agree now—foil cooking is  
the greatest time saver in camping since  
the invention of the pocket compass.

Reprinted from "Camping Magazine"  
May, 1950



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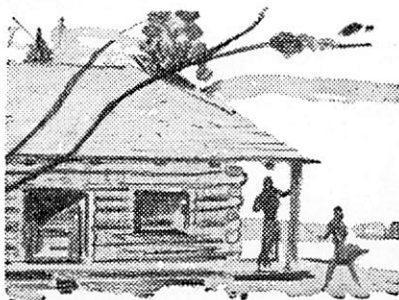
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## **Declarations to Directors**

By AN OLD TIMER

Camp is built around personality, not equipment.

"Fun" and "Eats" are the most important ingredients from the standpoint of a camper.

Good judgement comes from experience, and experience usually comes from bad judgment.

Never do yourself what you can get others to do.

"Busynitis" has kept many directors from the confidences of campers.

"Heartology" gets nearer to the inner life of campers than "Headology".

Remember that back of the child is the home. You are a co-operator with, and not a supplanter of the home.

Campers are watching your life more intently than they are listening to your counsel.

Growing a camp is more important than building a camp. Any contractor can do the latter.

Play no favorites. "A friend to all", is the principle to follow.

Success consists not so much in sitting up nights, as being awake in the day time.

Thank God daily that you have the glorious privilege of being the director of a worth-while camp.

## **IT'S AMAZING !!**

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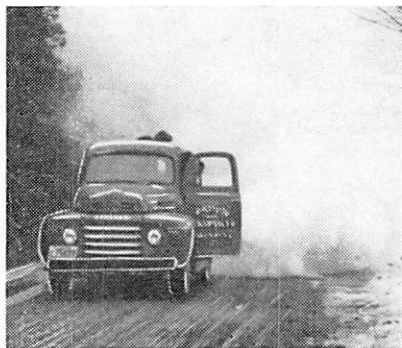
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# Canadian Campings

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## The Editor Comments

The Canadian Camping Association has a unique opportunity to co-operate with other national organizations whose objectives are *Conservation*. There is "The Men of Trees", a voluntary organization, whose aim is to "plant and protect trees". There is the Canadian Forestry Association, pledged "to establish throughout Canada a common determination that our heritage of woods, water, wild life and soil, while being profitably utilized today, must be fully and permanently sustained for the generations to come." There is the Department of Lands and Forests in all the provinces, taking the lead in all aspects of protection and conservation.

In camp, we have a great opportunity to implant in the minds of our boys and girls, such a real love of the out-of-doors, that wise use of natural resources becomes part of their philosophy. Counselors need not be trained in biology or forestry, but they should all have a nature-awareness and a genuine interest which will be infectious enough to arouse in campers, curiosity and observation. Nature is so excitingly alive that it can be an adventure to discover the vast storehouse which surrounds us.

A tree-planting program should be a feature of every camp season. Little trees can be safely transplanted at almost any time of year, if proper care is taken. The planting of even one small tree can be made a ceremony, which will impress upon the minds of our campers, the priceless value of a tree.

*"The myth that Canada is a land of unlimited and unexhaustible resources must be exploded. Children should learn that the tragedy of many of the world's vast deserts was due to deforestation and soil erosion."*

Let us aim this summer, to have every camper know about, and subscribe to the conservationists' slogan:

**"KEEP OUR FORESTS GREEN!"**

Toronto, Canada, June, 1950

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## **Memos from Camping Section**

*Physical Education Branch  
Ontario Department of Education*

### **I. Staff-Prospect Information Form**

The section has worked out, from many specimen forms studied, a "Camp - Staff Prospect's Information Form." Filled out, it will give any staff-seeking director a host of data regarding anyone applying for a position. Specimen copy on request. Further supplies can be arranged.

### **II. Camp Subsidies**

Government Subsidies to non-profit camps are again increased for the 1950 season. Qualifying camps may not charge more than \$1.75 per person per day. The subsidies payable are 75 cents for each camper remaining 6 - 8 consecutive nights; \$1.00 for 9 - 12 consecutive nights, and \$1.25 for 13 or more consecutive nights. Maximum subsidy to any one camp \$2500.00. Full particulars and application forms on request.

### **III. Counsellor-Training Courses**

In addition to subsidizing the Ontario Camping Association's Spring Course for Counsellors in the Toronto area, the Department will again conduct Counsellor-Training Courses of

Accommodation, meals and tuition are provided free. Return transportation of fares in excess of ten dollars are reimbursed to candidates by the Department, through sponsoring organizations. Candidates must

- be 15 or older before September 1st, 1950;
- have completed grade 9 or a higher form by June 30th, 1950;
- be able to swim 100 yards in 3 minutes;
- be prepared to serve in a non-profit camp for a minimum of two weeks before September 1st, 1951.

Full details and application forms on request.

### **IV. Minimum Standards**

Minimum standards for all camps are being worked out in co-operation with the Ontario Camping Association and other interested organizations and individuals. It is hoped to have preliminary drafts circulated for comments this summer, and that the standards will be applicable in 1951.

Address enquiries re any of the above items to:

Camping Section,  
Physical Education Branch, Department of Education,  
Parliament Buildings, Toronto 2.

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## NOTES

### from the Provinces

#### BRITISH COLUMBIA

The B.C. Division of the Canadian Red Cross announces the following Water Safety Instructors' Schools and Refresher Courses for 1950:

##### *Instructors' Schools:*

Cultis Lake ..... June 26 to 29  
Courtenay ..... June 14 to 17  
Kelowna ..... July 3 to 8

##### *Refresher Courses:*

Vancouver ..... May 2, 3, 4  
Kelowna ..... July 3 to 8

The Kelowna School consists of both a Refresher Course and an Instructors' Course. The definite dates of each will be decided later, but both will be within the above-mentioned dates.

#### MANITOBA

With the opening of the new Girl Guide camp last summer at Caddy Lake, more teen-age girls than ever before can look forward to camping this year in Manitoba. With little ready money and much courage, the Camp Committee of the Greater Winnipeg Girl Guides embarked on the new project. The old camp property on Lake Winnipeg was sold, and through the co-operation of the Provincial Department of Mines and Resources, a lease was obtained on five acres of beautiful property in the Whiteshell Forest Reserve, 105 miles east of Winnipeg.

The buildings are of peeled log design; the plans were contributed by an architect; a stone fireplace was donated, and help and advice were given by many interested citizens. Work parties spent weekends helping to clear the camp site and the official opening ceremony was held July 9th. The dream had come true at an approximate cost of thirteen thousand dollars.

The camp site has everything to make camping a pleasure and an education—deep water and a beach, boating and handicrafts. The area lends itself to over-night hiking and canoe

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**DEPARTMENT OF LANDS & FORESTS**

HON. H. R. SCOTT  
Minister

F. A. MacDOUGALL  
Deputy Minister

trips and a rocky peninsula is ideal for camp fires and ceremonials.

Much work is yet to be done to make Caddy Lake Camp complete in every detail, but so far it has done much to provide a holiday spot with sufficient challenge to the girls of today to test their skill and hold their interest for many years to come.

—HILDA METCALFE.

**ONTARIO**

Two training courses were arranged for counselors this spring. One was sponsored by the Ontario Camping Association, with five evenings devoted to such subjects as: Objectives of Camping, Creative Crafts, Keeping Campers Healthy and Happy, The Place of Religion in Camp, Nature along the Trail, Special Program Events and Camping First Aid.

The other course was arranged by the School of Physical and Health Education, of the University of Toronto, and was a concentrated five-day course, with a lecture and activity time-table covering the full day and evening periods. The out-of-town instructors included: Mr. W. Van B. Claussen, American National Red Cross; Mr. Fred Bartlett, Director of Physical Education, Queen's University; Mr. T. R. Hilliard, Ontario Department of Agriculture; Mr. N. C. Lindsay, Y.M.C.A., London, Ontario; Mr. W. F. Mitchell, Athletic Director, Ontario Agricultural College, Guelph, Ontario. There were also a number of visiting instructors from Toronto taking part, as well as men and women Staff of the School of Physical and Health Education.

**QUEBEC**

The Annual Spring Conference of the Quebec Section of the Canadian Camping Association was held on March 31 and April 1. Over three hundred persons attended from all over Quebec and from Eastern Ontario. We were pleased to have representatives from some French camps. There were



twenty-five eye-catching exhibits to which the crowds flocked. The sessions were most interesting and the key speaker, Miss Catherine Hammett, was received with great enthusiasm. Everyone agreed that it was one of the best conferences Quebec has held and we extend our congratulations to the hard-working committee and particularly to Mr. Sam Fredman, the conference chairman.

In May our annual meeting took the form of a supper meeting with Miss Anne Silver, Executive Director of the Montreal Y.W.C.A. as the guest speaker.

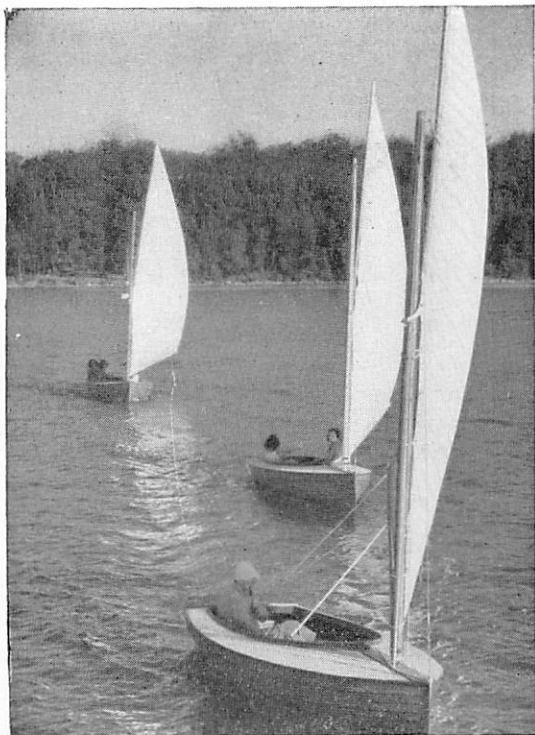
Now the summer approaches and everyone is busy with their own particular camp. We wish all campers everywhere "good camping".

—NORA BAILEY.

## Canadian Red Cross Courses

"It is encouraging to note that a large number of Instructors have enrolled for the Montreal and District Refresher Course to be held May 8-9-10, in order to renew their qualifications and be brought up to date on the latest teaching methods and standards in examining.

Plans have also been made to conduct an Instructors' Course in Swimming and Water Safety in Montreal during May. This Course is being specially prepared to train Swimming Instructors and Waterfront Supervisors for camps and beaches in the Province of Quebec and is being conducted in co-operation with the Canadian Camping Association (Quebec Section).



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## **Book Reviews**

**CAMP COUNSELING:** by A. V. Mitchell and I. B. Crawford; published by W. B. Saunders Company, 1950; pp. XIV-388; price, \$5.00. Obtainable in Canada from Mc-Ainsh & Co., Ltd., Toronto.

This book is essential for every camp. In one attractive volume, it gives the basic information every counselor should have. The sections on "Camp Activities" and "Campcraft and Woodcraft" are full of sound knowledge and practical ideas and their content is expanded by wide reference material.

The chapters on "Understanding Children" and "Helping Problem Children" are based on rather time-worn psychology and contain little from the important findings of the last twenty years. Nevertheless, they are satisfactory because they are simple, avoiding prevalent mumbo-jumbo in terminology and also because they maintain a healthy, positive attitude toward children's development.

The only difficulty about the book is that it is too expensive for the average camp counselor to buy. However, every camp should purchase at least one copy to be available to the staff, and as a general text for camp education courses, it is worth far more than its cost.  
—M. L. N.

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**MAKE IT YOURSELF:** by Bernice Wells Carlson; published by the Abingdon - Cokesbury Press, New York; 1950; pp. 160; price, cloth cover, \$2.50; paper cover, \$1.75. This book can be obtained from the G. R. Welch Co., Ltd., 1149 King St. W., Toronto.

This is quite a fascinating craft book, with innumerable clever illustrations. It is the sort of book a boy or girl of ten years and over could pick up and follow easily.

There are simple directions for making hundreds of attractive articles. The materials suggested are inexpensive ones, starting with plain paper, paste and colors and progressing to plaster of paris articles, Christmas tree decorations and floating candles. The key note of this book is, "make use of those inexpensive things you can salvage or discover!"

**THE WINNING DIVE,** by Mary Graham Bonner; publishers, Alfred A. Knopf, 1950, New York; obtainable in Canada from McClelland & Stewart, Ltd., 215 Victoria Street, Toronto; pp. 178; price, \$2.50.

Here is a camp story, written by an ex-Canadian, who has portrayed the exciting days at camp. "The Winning Dive" tells of the interesting experiences of a cabin group of boys. It tells how boys of varied personalities can learn to live happily together, by sharing their ideas, and by co-operating with their fellow campers in team games and other skills, to bring honor to their camp.

The "mystery" of "Shark" Martin, a new camper, is explained in the closing chapters, when he helps to win the diving championship for Greatlake Camp.

This is a story that will interest boys and girls from eight to twelve years of age. A good book for your camp library.

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**EASY CRAFTS:** Published by the MacMillan Company, New York; price, \$2.25; 1949; pp. 129. Author, Ellsworth Jaeger.

This is another practical book by a well-known craftsman and contains sixty-four handicraft projects, each one graphically illustrated by the author, with step-by-step directions.

A few of the crafts included are smoke printing, blue printing, potato block prints, crayon leaf rubbing; and there are also directions for making such things as Eskimo mittens, a knife sheath, Indian headdress, tin animals and many other useful and attractive objects which would delight the heart of a camper.

### ***Camp Site Development continued***

reach you, you may object to parts of them. A summer camp is necessarily a place where we improvise, and you may likely have an idea which others could use and which we have omitted to mention. Would you send it along?

Extra copies of these articles may be secured from Mr. R. K. Cleverdon, Department of Civil Engineering, University of Toronto, Toronto, for 25 cents. (Summer address, June 15 to August 31, c/o Camp Kandalore, Hall's Lake, Ont.) Please send your comments and suggestions to the same address.

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instantly dissolve tarnish, and the fibrous nature of the plant makes it most useful for rubbing surfaces when a good metal polish is needed. To use the weed for polishing, just rub the stems on the metal so that the juice is forced out, and you will find that Mare's Tails will serve as well and as quickly as the average commercial metal polish. In fact, on a camping trip, nothing seems to clean dirty pots and pans faster than a handful of this weed.

It is amazing what resources abound in our woods and swamps. Do you know that the common Jewel weed or Touch-me-not, which grows so abundantly, is an antidote for Poison ivy?

\* \* \*

Any camp, planning an ambitious tree-planting program, should file an application for trees, in August of the year previous to the planting. Apply to your Department of Lands and Forests, and secure a list of the trees available, also the application form.

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Once there was a camper  
Who went on a fishing trip.  
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"She was something of a drip."  
She caught a twelve-inch speckled trout  
And tossed it back again,  
"We only had a nine-inch pan,"  
Her pals heard her explain. M.S.E.

*Young personalities and newly-poured  
cement have one thing in common:  
both take the shape of what surrounds  
them.*

A group of juniors had been on a hike. Bobby rushed back to the infirmary in great excitement.  
"Tommy wants some listerine, quick!  
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*"What is the use of being,  
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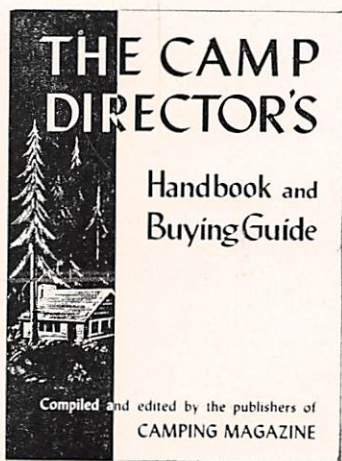
*"Whether he's wielding a sceptre  
or swab,  
I have faith in the man who's  
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